

**ROUND ROCK COMMUNITY
WOMEN'S SELF DEFENSE CLASSES:
SITUATIONAL AWARENESS**

**Sign for June 4th or June 8th
6 – 8 PM**

WHERE

LifeForce Personal Fitness

2120 N. Mays Street #150, Round Rock, TX

**Limited to the first 20 females who register. Mandatory
Registration – So we have an accurate head count.**

**Register by emailing Carolyn Brinkley at
rwfselfdefense@gmail.com**



**SIGN UP NOW
FREE CLASS**

**Limited to 20
Females age 18 and
older per class**

**INSTRUCTION
BY THE
WILLIAMSON
COUNTY
SHERIFF'S
OFFICE AND
LIFEFORCE
TRAINERS**

**Contact Carolyn for more info
about this class and other
related fitness classes**